

Kevin D Tipton

List of Publications by Year in descending order

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91
papers

10,135
citations

47006

47
h-index

48315

88
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91
all docs

91
docs citations

91
times ranked

7757
citing authors

#	ARTICLE	IF	CITATIONS
1	Protein intake and exercise for optimal muscle function with aging: Recommendations from the ESPEN Expert Group. <i>Clinical Nutrition</i> , 2014, 33, 929-936.	5.0	1,108
2	Protein Ingestion to Stimulate Myofibrillar Protein Synthesis Requires Greater Relative Protein Intakes in Healthy Older Versus Younger Men. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015, 70, 57-62.	3.6	558
3	An oral essential amino acid-carbohydrate supplement enhances muscle protein anabolism after resistance exercise. <i>Journal of Applied Physiology</i> , 2000, 88, 386-392.	2.5	445
4	Testosterone administration to older men improves muscle function: molecular and physiological mechanisms. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2002, 282, E601-E607.	3.5	445
5	Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2001, 281, E197-E206.	3.5	411
6	Myofibrillar muscle protein synthesis rates subsequent to a meal in response to increasing doses of whey protein at rest and after resistance exercise. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 86-95.	4.7	385
7	Essential amino acids and muscle protein recovery from resistance exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2002, 283, E648-E657.	3.5	346
8	Exogenous amino acids stimulate net muscle protein synthesis in the elderly.. <i>Journal of Clinical Investigation</i> , 1998, 101, 2000-2007.	8.2	340
9	Postexercise net protein synthesis in human muscle from orally administered amino acids. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1999, 276, E628-E634.	3.5	325
10	PROTEIN AND AMINO ACID METABOLISM DURING AND AFTER EXERCISE AND THE EFFECTS OF NUTRITION. <i>Annual Review of Nutrition</i> , 2000, 20, 457-483.	10.1	282
11	Ingestion of Casein and Whey Proteins Result in Muscle Anabolism after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 2073-2081.	0.4	273
12	Stimulation of net muscle protein synthesis by whey protein ingestion before and after exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2007, 292, E71-E76.	3.5	235
13	Independent and Combined Effects of Amino Acids and Glucose after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 449-455.	0.4	231
14	Increased Protein Intake Reduces Lean Body Mass Loss during Weight Loss in Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 326-337.	0.4	220
15	Protein and amino acids for athletes. <i>Journal of Sports Sciences</i> , 2004, 22, 65-79.	2.0	205
16	Nonessential amino acids are not necessary to stimulate net muscle protein synthesis in healthy volunteers. <i>Journal of Nutritional Biochemistry</i> , 1999, 10, 89-95.	4.2	202
17	Resistance exercise maintains skeletal muscle protein synthesis during bed rest. <i>Journal of Applied Physiology</i> , 1997, 82, 807-810.	2.5	192
18	Effect of carbohydrate intake on net muscle protein synthesis during recovery from resistance exercise. <i>Journal of Applied Physiology</i> , 2004, 96, 674-678.	2.5	190

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19	Milk Ingestion Stimulates Net Muscle Protein Synthesis following Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 667-674.	0.4	181
20	Sprint interval and endurance training are equally effective in increasing muscle microvascular density and eNOS content in sedentary males. <i>Journal of Physiology</i> , 2013, 591, 641-656.	2.9	169
21	Exercise, Protein Metabolism, and Muscle Growth. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001, 11, 109-132.	2.1	164
22	Acute response of net muscle protein balance reflects 24-h balance after exercise and amino acid ingestion. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2003, 284, E76-E89.	3.5	160
23	Sprint interval and traditional endurance training increase net intramuscular triglyceride breakdown and expression of perilipin 2 and 5. <i>Journal of Physiology</i> , 2013, 591, 657-675.	2.9	153
24	The response of muscle protein synthesis following whole-body resistance exercise is greater following 40g than 20g of ingested whey protein. <i>Physiological Reports</i> , 2016, 4, e12893.	1.7	144
25	Testosterone injection stimulates net protein synthesis but not tissue amino acid transport. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998, 275, E864-E871.	3.5	143
26	Resistance-training-induced adaptations in skeletal muscle protein turnover in the fed state. <i>Canadian Journal of Physiology and Pharmacology</i> , 2002, 80, 1045-1053.	1.4	140
27	Branched-Chain Amino Acid Ingestion Can Ameliorate Soreness from Eccentric Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 962-970.	0.4	123
28	The influence of carbohydrate-protein co-ingestion following endurance exercise on myofibrillar and mitochondrial protein synthesis. <i>Journal of Physiology</i> , 2011, 589, 4011-4025.	2.9	121
29	Promoting training adaptations through nutritional interventions. <i>Journal of Sports Sciences</i> , 2006, 24, 709-721.	2.0	112
30	Assessing the Role of Muscle Protein Breakdown in Response to Nutrition and Exercise in Humans. <i>Sports Medicine</i> , 2018, 48, 53-64.	6.5	100
31	Muscle protein metabolism in female swimmers after a combination of resistance and endurance exercise. <i>Journal of Applied Physiology</i> , 1996, 81, 2034-2038.	2.5	98
32	Branched-Chain Amino Acid Ingestion Stimulates Muscle Myofibrillar Protein Synthesis following Resistance Exercise in Humans. <i>Frontiers in Physiology</i> , 2017, 8, 390.	2.8	97
33	Temporal changes in human skeletal muscle and blood lipid composition with fish oil supplementation. <i>Prostaglandins Leukotrienes and Essential Fatty Acids</i> , 2014, 90, 199-206.	2.2	96
34	Protein Considerations for Optimising Skeletal Muscle Mass in Healthy Young and Older Adults. <i>Nutrients</i> , 2016, 8, 181.	4.1	95
35	Exercise-induced changes in protein metabolism. <i>Acta Physiologica Scandinavica</i> , 1998, 162, 377-387.	2.2	92
36	Gender differences in protein metabolism. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2001, 4, 493-498.	2.5	86

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37	Protein Requirements and Recommendations for Athletes: Relevance of Ivory Tower Arguments for Practical Recommendations. <i>Clinics in Sports Medicine</i> , 2007, 26, 17-36.	1.8	83
38	Nutritional Support for Exercise-Induced Injuries. <i>Sports Medicine</i> , 2015, 45, 93-104.	6.5	74
39	Fish oil supplementation suppresses resistance exercise and feeding-induced increases in anabolic signaling without affecting myofibrillar protein synthesis in young men. <i>Physiological Reports</i> , 2016, 4, e12715.	1.7	72
40	Dietary protein intake impacts human skeletal muscle protein fractional synthetic rates after endurance exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2005, 289, E678-E683.	3.5	70
41	Stimulation of muscle anabolism by resistance exercise and ingestion of leucine plus protein. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 151-161.	1.9	66
42	Resistance Exercise Increases Postprandial Muscle Protein Synthesis in Humans. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 144-154.	0.4	61
43	Efficacy and consequences of very-high-protein diets for athletes and exercisers. <i>Proceedings of the Nutrition Society</i> , 2011, 70, 205-214.	1.0	56
44	Preexercise Aminoacidemia and Muscle Protein Synthesis after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1968-1977.	0.4	53
45	No Effect of Carbohydrate-Protein on Cycling Performance and Indices of Recovery. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1140-1148.	0.4	52
46	Preferential utilization of perilipin 2-associated intramuscular triglycerides during 1 h of moderate-intensity endurance-type exercise. <i>Experimental Physiology</i> , 2012, 97, 970-980.	2.0	51
47	Improving muscle mass: response of muscle metabolism to exercise, nutrition and anabolic agents. <i>Essays in Biochemistry</i> , 2008, 44, 85-98.	4.7	51
48	Effect of Increased Dietary Protein on Tolerance to Intensified Training. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 598-607.	0.4	44
49	Postexercise Muscle Glycogen Synthesis with Combined Glucose and Fructose Ingestion. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 1789-1794.	0.4	42
50	High dietary protein restores overreaching induced impairments in leukocyte trafficking and reduces the incidence of upper respiratory tract infection in elite cyclists. <i>Brain, Behavior, and Immunity</i> , 2014, 39, 211-219.	4.1	41
51	Nutrition for the sprinter. <i>Journal of Sports Sciences</i> , 2007, 25, S5-S15.	2.0	39
52	Leg glucose and protein metabolism during an acute bout of resistance exercise in humans. <i>Journal of Applied Physiology</i> , 2004, 97, 1379-1386.	2.5	36
53	High-Intensity Training Reduces CD8+ T-cell Redistribution in Response to Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1689-1697.	0.4	34
54	Preexercise breakfast ingestion versus extended overnight fasting increases postprandial glucose flux after exercise in healthy men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2018, 315, E1062-E1074.	3.5	34

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55	Resistance training increases skeletal muscle oxidative capacity and net intramuscular triglyceride breakdown in type I and II fibres of sedentary males. <i>Experimental Physiology</i> , 2014, 99, 894-908.	2.0	33
56	Dietary Protein for Muscle Hypertrophy. Nestle Nutrition Institute Workshop Series, 2013, 76, 73-84.	0.1	30
57	Evaluating the Leucine Trigger Hypothesis to Explain the Post-prandial Regulation of Muscle Protein Synthesis in Young and Older Adults: A Systematic Review. <i>Frontiers in Nutrition</i> , 2021, 8, 685165.	3.7	26
58	Muscle Protein Metabolism in the Elderly: Influence of Exercise and Nutrition. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001, 26, 588-606.	1.7	25
59	Nutrition and Training Adaptations in Aquatic Sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 414-424.	2.1	25
60	Adding Fish Oil to Whey Protein, Leucine, and Carbohydrate Over a Six-Week Supplementation Period Attenuates Muscle Soreness Following Eccentric Exercise in Competitive Soccer Players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 26-36.	2.1	25
61	Protein for adaptations to exercise training. <i>European Journal of Sport Science</i> , 2008, 8, 107-118.	2.7	24
62	Isolated Leucine and Branched-Chain Amino Acid Supplementation for Enhancing Muscular Strength and Hypertrophy: A Narrative Review. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 292-301.	2.1	24
63	Nutrition for Acute Exercise-Induced Injuries. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 43-53.	1.9	23
64	Metabolic Responses to Carbohydrate Ingestion during Exercise: Associations between Carbohydrate Dose and Endurance Performance. <i>Nutrients</i> , 2018, 10, 37.	4.1	22
65	Beneficial Effects of Resistance Exercise on Glycemic Control Are Not Further Improved by Protein Ingestion. <i>PLoS ONE</i> , 2011, 6, e20613.	2.5	21
66	Incidence of associated events during the performance of invasive procedures in healthy human volunteers. <i>Journal of Applied Physiology</i> , 2005, 98, 1202-1206.	2.5	17
67	Dietary Supplements for Aquatic Sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 437-449.	2.1	16
68	Changes in Body Composition and Performance With Supplemental HMB+FA+ATP. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, e71-e72.	2.1	16
69	Effect of Resistance Training on Microvascular Density and eNOS Content in Skeletal Muscle of Sedentary Men. <i>Microcirculation</i> , 2014, 21, 738-746.	1.8	15
70	Exceptional body composition changes attributed to collagen peptide supplementation and resistance training in older sarcopenic men. <i>British Journal of Nutrition</i> , 2016, 116, 569-570.	2.3	15
71	Commentaries on Viewpoint: What is the relationship between acute measure of muscle protein synthesis and changes in muscle mass?. <i>Journal of Applied Physiology</i> , 2015, 118, 498-503.	2.5	14
72	Skipping Breakfast Before Exercise Creates a More Negative 24-hour Energy Balance: A Randomized Controlled Trial in Healthy Physically Active Young Men. <i>Journal of Nutrition</i> , 2019, 149, 1326-1334.	2.9	14

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73	Role of Protein and Hydrolysates before Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007, 17, S77-S86.	2.1	12
74	The Ingestion of 39 or 64 g·hr ⁻¹ of Carbohydrate is Equally Effective at Improving Endurance Exercise Performance in Cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 285-292.	2.1	12
75	Making Sense of Muscle Protein Synthesis: A Focus on Muscle Growth During Resistance Training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 49-61.	2.1	12
76	Influence of Fish Oil-Derived n-3 Fatty Acid Supplementation on Changes in Body Composition and Muscle Strength During Short-Term Weight Loss in Resistance-Trained Men. <i>Frontiers in Nutrition</i> , 2019, 6, 102.	3.7	11
77	The response of intracellular signaling and muscle-protein metabolism to nutrition and exercise. <i>European Journal of Sport Science</i> , 2005, 5, 107-121.	2.7	10
78	Dietary Strategies to Attenuate Muscle Loss during Recovery from Injury. <i>Nestle Nutrition Institute Workshop Series</i> , 2013, 75, 51-61.	0.1	10
79	A bedtime milk snack does not impact RMR, substrate utilisation and appetite the following morning in mildly overweight males. <i>British Journal of Nutrition</i> , 2018, 119, 1355-1365.	2.3	10
80	Legal Nutritional Boosting for Cycling. <i>Current Sports Medicine Reports</i> , 2009, 8, 186-191.	1.2	9
81	Effect of Intensive Training on Mood With No Effect on Brain-Derived Neurotrophic Factor. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 824-830.	2.3	8
82	Concluding Remarks: Nutritional Strategies to Support the Adaptive Response to Prolonged Exercise Training. <i>Nestle Nutrition Institute Workshop Series</i> , 2013, 75, 135-141.	0.1	7
83	Increased net muscle protein balance in response to simultaneous and separate ingestion of carbohydrate and essential amino acids following resistance exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 329-339.	1.9	7
84	Protein Plus Carbohydrate Does Not Enhance 60-km Time-Trial Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 335-339.	2.1	6
85	Human skeletal muscle metabolic responses to 6 days of high-fat overfeeding are associated with dietary n-3 PUFA content and muscle oxidative capacity. <i>Physiological Reports</i> , 2020, 8, e14529.	1.7	4
86	Measuring synthesis rates of different proteins – clues to training adaptations. <i>Journal of Physiology</i> , 2009, 587, 721-721.	2.9	2
87	Essential Amino Acids for Muscle Protein Accretion. <i>Strength and Conditioning Journal</i> , 2010, 32, 87-92.	1.4	2
88	A hypoenergetic diet with decreased protein intake does not reduce lean body mass in trained females. <i>European Journal of Applied Physiology</i> , 2021, 121, 771-781.	2.5	2
89	Sport and exercise nutrition: from theory to practice. <i>European Journal of Sport Science</i> , 2008, 8, 55-55.	2.7	0
90	Topic 3. Protein requirements and recommendations for athletes: arguments for practical recommendations. , 2015, , 215-221.		0

#	ARTICLE	IF	CITATIONS
91	Thème 3. Les besoins en protéines des athlètes: discussion et recommandations pratiques. , 0, , 189-197.		0